

## Natural History

This area is thought to have been a sea bed about 300 million years ago. Then intense mountain-forming movements and river erosion formed today's Kamikochi.

You can see many species of animals and plants in Kamikochi. These animals and plants have adapted themselves to the climate and geology of Kamikochi over a long period. There is a complicated interaction between them and they live in harmony with each other. From large mammals to soil bacteria, all of them are connected to each other through food and air.

While nature in Kamikochi is strictly protected, human activities have had an impact. You can see man-made or man-changed "nature" such as the water pollution of the Azusa River, breeding water rats and a decrease in the number of the common char.

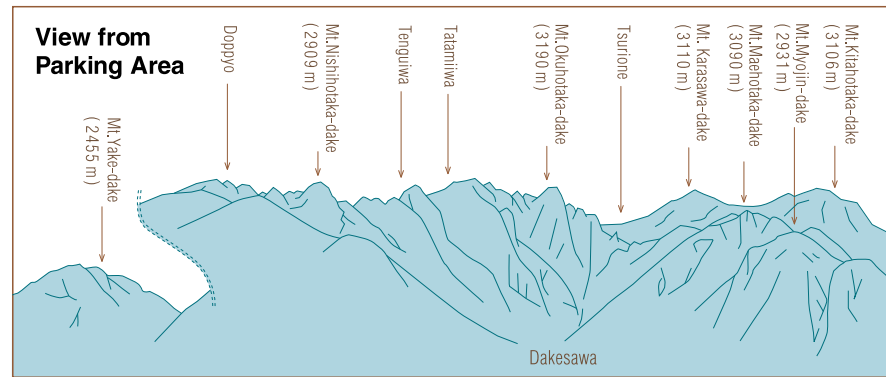
What will you feel when in Kamikochi?

Someone might think about the eternal geographical history of Kamikochi, another might be impressed by the flowers beside the trail. And some people may just think about what is happening to nature. Enjoy your contact with nature while walking in Kamikochi.

## Kamikochi in the Chubusangaku National Park

Chubusangaku National Park is a typical Japanese mountainous park, which includes the whole part of the North Alps (the Japan Alps).

Kamikochi, whose elevation is 1,500 meters above sea level, is a small and slender basin surrounded by high mountains such as the Hodaka Mountains, Mt. Yake-dake and Mt. Kasumizawa. It has long been well known as a base of the North Alps. The view from there of the Hodaka Mountains and Azusa-gawa River is one of the most beautiful mountain scenes in Japan. Kamikochi and its environs are strictly protected by special protected area laws in the national park.



## Hiking Guide

### 1 — hour course

Parking area — Kappa-bashi Bridge — Right bank of Azusa-gawa River — Weston Relief — Tashiro-bashi Bridge — Left bank of Azusa-gawa River — Parking area

### 2 — hour course

Parking area — Kappa-bashi Bridge — Left bank of Azusa-gawa River — Myojin-ike Pond — Right bank of Azusa-gawa River — Kappa-bashi Bridge — Parking area  
Parking area — Tashiro-bashi Bridge — Nature Trail — Taisho-ike Pond (round trip)

### 4 — hour course

Parking area — Kappa-bashi Bridge — Myojin — Tokusawa — Shinmura-bashi Bridge — Forest road on the right bank of the Azusa-gawa River — Myojin-ike Pond — Kappa-bashi Bridge

### 6 — hour course

Parking area — Kappa-bashi Bridge — Myojin — Tokugo Path (round trip)  
Parking area — Tashiro-bashi Bridge — Starting point of trail to Mt. Yake-dake — Mt. Yake-dake (round trip)  
Parking area — Kappa-bashi Bridge — Starting point of trail to Dakesawa — Dakesawa Hütte (round trip)  
Parking area — Myojin — Tokusawa — Yoko (round trip)

### 1 — day course

Parking area — Tashiro-bashi Bridge — Starting point of trail to Mt. Nishihotaka-dake — Doppyo peak of Mt. Nishihotaka-dake (round trip)

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Are you properly equipped to go hiking? Sandals and high-heeled shoes are unsuitable for a hike. Take sturdy and comfortable shoes. The weather changes rapidly in mountain areas, so take rain gear even if the weather is clear when starting a hike. Remember you should have all the essential equipment including a detailed map at all times.



## Animals of Kamikochi

Japanese Macaque (nihonzaru): A species native to Japan that live in groups of dozens. It has a short tail and a red face and butt. They can be dangerous so do NOT feed them.

Stoat (hondo okojo): Classified as a "Near-Threatened" species. They live in Takezawa and Karasawa. A dark reddish-brown in the summer, they turn completely white in the winter. They live in crevices between large rocks.

Japanese Serow (nihon kamoshika): A special national monument designated as the prefectural animal of Nagano. Thought of as a kind of deer, it is actually classified as a ruminant animal that has a permanent horn.

## Birds of Kamikochi

Bush Warbler (uguisu): A greenish brown summer bird. Always hiding behind cover, it rarely shows itself. Japanese people are well acquainted with its beautiful singing voice.

Eurasian Jay (kakesu): A dark brown, nonmigratory bird with light purple streaks. The name 'jay' comes from the sound it makes. It is also great at mimicking other birds.

Brown Dipper (kawa-garasu): A blackish brown, nonmigratory bird with a short tail.

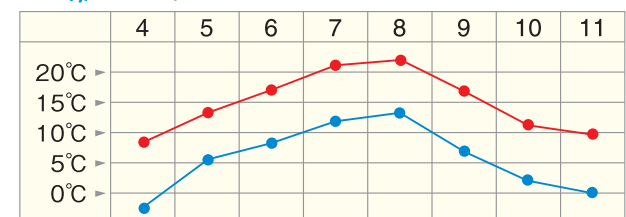
Its strong grip makes it possible to walk in the Azusa-gawa River to look for food despite the strong current.

Grey Wagtail (kisekirei): A summer bird with a bright yellow chest. They live near mountain streams, and can be seen along the Azusa-gawa River. Its known to move its long tail up and down. Known as a wagtail because they frequently wag their tail.

Pygmy Woodpecker (kogera): The smallest woodpecker in Japan. A summer bird with a white pattern on its back. Can be seen in the larch forest and near the river.



## Monthly Average Temperatures of Kamikochi



Kamikochi (Kappa-bashi area) is 1500m above sea level. Throughout the year, the temperature difference between day and night is quite large so please dress appropriately.



## Major flowering plants of Kamikochi

	4	5	6	7	8	9	10	11
Willow								
Wind Flowers								
Japanese Crab Apple								
Forget-me-not								
Japanese Trillium								
Mihe Cherry Balsam								
Miyama Cherry Balsam								
Alpine Rose								
Columbines								
Hypericum								
Campanula								
Gelder Rose Fruit								
Yellow Balsam								
Spindle Tree Fruit								
Larch Fall Colors								
Japanese Crab Apple Fruit								